

2001 California Dietary Practices Survey

Table 96: Californians Who Can Name Fruits and Vegetables as Foods That Help Prevent Heart Disease, Trends 1993-2001

Question: Have you heard of any foods that may prevent heart disease?

Can you name any of these foods?

	Percent Naming Fruits and Vegetables					Change of Percentage			
	1993	1995	1997	1999	2001	1993-95	1995-97	1997-99	1999-01
Total	20	24	23	27	23	4*	-1	4*	-4*
Sex									
Males	20	23	21	24 *	25	3	-2	3	1
Females	19	25	25	30	22	6*	NC	5*	-8***
Males									
18 - 24	21	18	12 **	14 **	18	-3	-6	2	4
25 - 34	23	18	20	19	27	-5	2	-1	8
35 - 50	19	28	25	29	29	9*	-3	4	0
51 - 64	17	22	28	33	19	5	6	5	-14*
65+	18	22	16	25	26	4	-6	9	1
Females									
18 - 24	12 ***	11	13 *	20 **	15	-1	2	7	-5
25 - 34	17	26	28	31	21	9	2	3	-10*
35 - 50	29	30	28	34	24	1	-2	6	-10*
51 - 64	18	28	32	38	28	10	4	7	-10
65+	14	18	20	22	21	4	2	2	-1
Ethnicity									
White	21	24	24	30 ***	26 **	3	NC	6**	-4*
Hispanic	14	21	20	19	17	7*	-1	-1	-2
Black	23	23	21	20	19	NC	-2	-1	-1
Asian/Pacific Islander				31	21				-10
Education									
Less than high school	15 ***	16	15 ***	15 ***	11 ***	1	-1	NC	-4
High school graduate	13	19	17	22	18	6*	-2	5	-4
Some college	22	22	23	31	26	NC	1	8**	-5
College graduate	24	31	31	32	31	7*	NC	1	-1
Income									
Less than \$15,000	12 *	20	15 **	21 ***	18 **	8*	-5	6	-3
\$15,000 - 24,999	17	18	23	21	22	1	5	-2	1
\$25,000 - 34,999	24	31	25	34	26	7	-6	9	-8
\$35,000 - 49,999	22	29	29	38	23	7	NC	9	-15**
\$50,000+	23	24	26	33	30	1	2	7*	-3
Physically Active									
Did not meet recommendations					21 **				
Met recommendations					27				
Overweight Status									
Overweight/Obese					22				
Not overweight					24				

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi square test:

* p<.05

** p<.01

*** p<.001